

Gear list for one week ride on Alps Epic

**This list is not complete and everybody have his use.
But it's minimum's equipment to have to have a good week on Alps Epic**

On bike, every day

Cyclist's equipment

1. Bike, who is workig well : a check up is advisable before race AlpsEpic
2. An helmet, mandatory on the race
3. Gloves, long or short, like you want
4. Sun glasses, there is a lot of sun in Hautes-Alpes
5. Mountain bike jersey and short, minimum 3, it's the best to be comfortable (laundry's service will be there)
6. Mountain bike shoes, no new but already broken

Inside backpack or on the bike

7. Multitool with chain breakerand specific tool for your bike
8. Tire levers, if you have a flat tire
9. Repair kit for flat tire, with tube (minimum 2), pump, patch, flat tire is always possible!
10. Derailleur hanger for your bike.
11. Quick link, the faster if you brake your chain
12. Scotch tap
13. Bike lube, to keep you bike clean
14. Windbreaker, shell and vest, weatherforecast change very quickly in mountain

Mandatory equipment for your security (like race's rules)

15. First aid kit, if you fall
16. Food, even if there is food station
17. Water (minimum 2L) or other drink
18. A GPS, to follow the good track
19. Cellphone, if you have a problem in mountain



IN HAUTES
ALPES/FRANCE

With our partners, you will receive Alps Epic gift :

- A 90L bag + a smaller (12L) from V8
- Mountain bike jersey specific Alps Epic by Endura



+ A lot of others presents from all of our partners

Off bike, for all the week

20. Flip flops, good things for and after shower!
21. Toiletries to wash you after a day on the bike!
22. Hot and comfortable clothes for your travel and for after shower.
23. Solar cream, to have a good protection with the hot sun in summer.
24. Swimsuit to enjoy the lot of good swimming spot of Hautes Alpes.
25. Sport's shoes, to walk a little bit after the race and visit the city where you will be.
26. Gloves and cap, evennig could be a little bit cold in mountain.
27. Camera with a charger. It's a race, but there is a lot of amazing landscape.

